



Breastfeeding is a wonderful gift for both you and your baby.

Breastfeeding your newborn the first few days helps prevent hemorrhaging or excessive bleeding after childbirth. Breastfeeding causes your uterus to contract, which is a healthy, natural way to get your body back into shape.

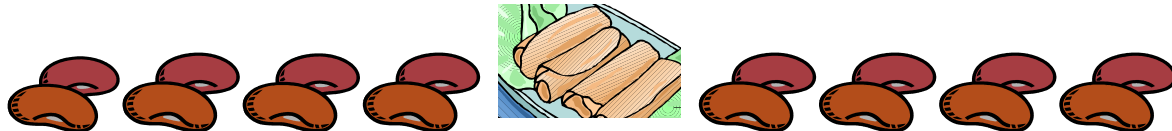
Ways new mothers may prevent hemorrhaging after childbirth:

- Breastfeed your baby frequently.
- Get plenty of rest. Ask friends and family to help you with household chores the first few weeks, so you can get the rest you need.
- Eat iron-rich foods and foods with vitamin C, which helps your body to absorb iron. Eating foods with iron prevents iron deficiency. Women who are not anemic at delivery are less likely to hemorrhage. Foods with iron include chicken, pork, fish, pears, figs, tomato juice, whole-wheat bread, iron-fortified cereal, and beans. Vitamin C is in oranges, melons, mangos, strawberries, and peppers.

Card #7

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Red Beans and Rice Burritos



Ingredients:

2 cups cooked instant brown rice

1 small onion, chopped very fine

2 cups cooked, drained red kidney beans (or one 15½-ounce can)

8 10-inch flour tortillas

Optional toppings: canned chopped jalapeño peppers, grated cheese, salsa

Preheat oven to 350 degrees. Combine rice and onion in a small bowl. Place tortilla on a flat surface, fill with $\frac{1}{4}$ cup beans and roll into burrito shape. Place burrito so that folded edge faces down in a baking pan and heat in oven for 15 minutes. Serve with optional toppings.

Serves 4